
08:20
NutriGuide
SIGN UP
(Sign up if you are not registered)
SIGN IN
(Sign in if you are already registered)
INFO
(Get information about different parame...
ICAR-IASRI
SIGN UP
SIGN IN
08:21
NutriGuide
User Registration
Full Name*
Subhasish Sarkar
Email*
sarkarsubhasish25@gmail.com
Create Password*
••••
Confirm Password*
••••
Contact Number*
8597554515
Organization*
ICAR-IASRI
SIGN UP
ICAR-IASRI
SIGN IN
08:22
NutriGuide
Enter Email
sarkarsubhasish25@gmail.com
Enter Password
••••
LOG IN
ICAR-IASRI


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Registered Farmers
Subhasish Sarkar
Ashutosh Dalal
Arijit Pal
Amit Pal
Bharath Kumar
Register Farmer
Download Farmers Details
ICAR-IASRI
REGISTER FARMER
08:24
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Register New Farmer
Full Name
Age
Gender
Male
Female
Educational Qualification
State
District
Village
REGISTER
ICAR-IASRI
REGISTERED FARMERS
08:23
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Registered Farmers
Subhasish Sarkar
Ashutosh Dalal
Arijit Pal
Amit Pal
Bharath Kumar
Register Farmer
Download Farmers Details
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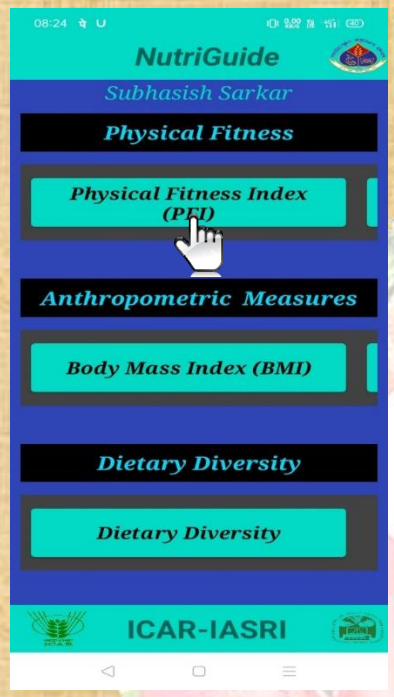
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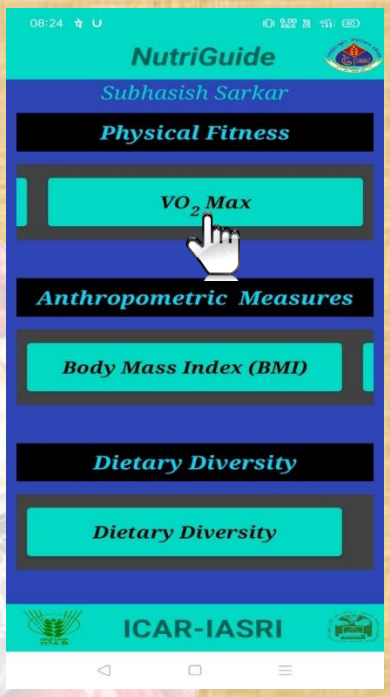
NutriGuide
Subhasish Sarkar
Physical Fitness
Physical Fitness Index (PFI)
Anthropometric Measures
Body Mass Index (BMI)
Dietary Diversity
Dietary Diversity
ICAR-IASRI

SWIPE LEFT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Physical Fitness
VO2 Max
Anthropometric Measures
Body Mass Index (BMI)
Dietary Diversity
Dietary Diversity
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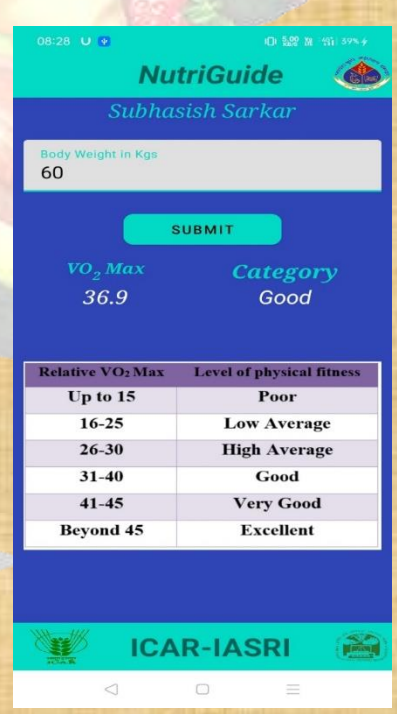
Heart Rate after 1st minute of Recovery
110
Heart Rate after 2nd minute of Recovery
101
Heart Rate after 3rd minute of Recovery
99
SUBMIT
PFI
96.77
Category
Low Average
PFI value
Level of physical fitness
Upto 80
Poor physical fitness
81-100
Low average fitness
101-115
High average fitness
116-135
Good fitness
ICAR-IASRI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Body Weight in Kgs
60
SUBMIT
VO2 Max
36.9
Category
Good
Relative VO2 Max
Level of physical fitness
Up to 15
Poor
16-25
Low Average
26-30
High Average
31-40
Good
41-45
Very Good
Beyond 45
Excellent
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Anthropometric Measures
Mid Upper Arm Circumference (MUAC)
Dietary Diversity
Dietary Diversity
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Weight in Kgs
60
Height in Meter
1.7
SUBMIT
BMI
20.76
Category
Normal
BMI Range
Presumptive diagnosis
<16.0
CED Grade III(Severe)
16.0-17.0
CED Grade II(Moderate)
17.0-18.5
CED Grade I(Mild)
18.5-20.0
Low weight normal
20.0-25.0
Normal
25.0-30.0
Obese Grade I
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MUAC in cms
25
SUBMIT
Category
Normal
ICAR-IASRI
1
2
3
4
5
6
7
8
9
,
0
.


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Dietary Diversity
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CC in cms
25
SUBMIT
Category
Normal
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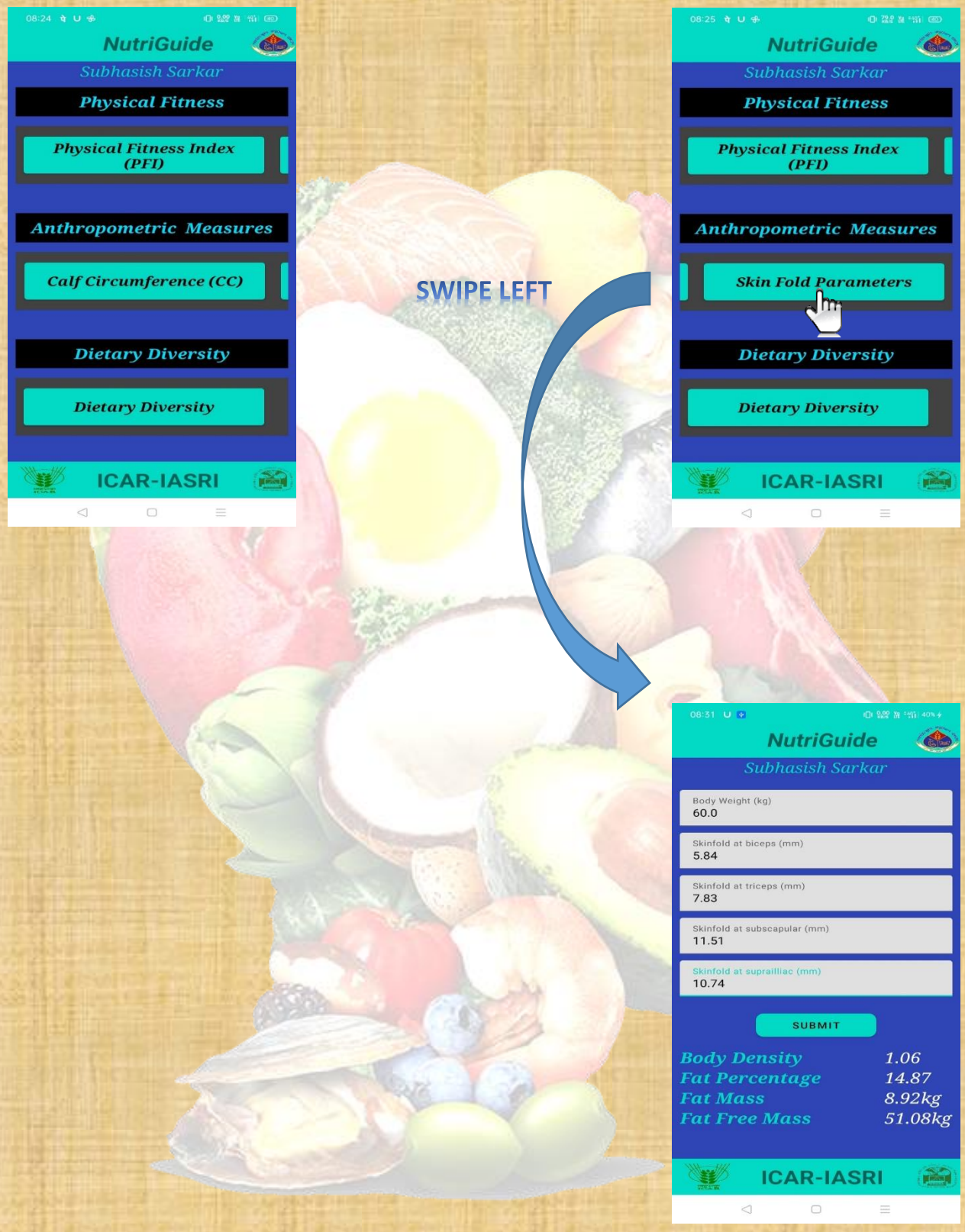
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Dietary Diversity
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Body Weight (kg)
60.0
Skinfold at biceps (mm)
5.84
Skinfold at triceps (mm)
7.83
Skinfold at subscapular (mm)
11.51
Skinfold at suprailliac (mm)
10.74
SUBMIT
Body Density 1.06
Fat Percentage 14.87
Fat Mass 8.92kg
Fat Free Mass 51.08kg
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CHOSE YOUR FOOD GROUPS
Grains, white roots and tubers, and plantains
Pulses (beans, peas and lentils)
Nuts and seeds
Dairy
Meat, poultry and fish
Eggs
Dark green leafy vegetables
Other vitamin A-rich fruits and
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SCROLL UP
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CHOSE YOUR FOOD GROUPS
Meat, poultry and fish
Eggs
Dark green leafy vegetables
Other vitamin A-rich fruits and vegetables
Other vegetables
Other fruits
CHECK
Low Dietary Diversity...
ICAR-IASRI

Physical Fitness Index

$$\textbf{Physical Fitness Index (PFI)} = \frac{\textbf{Duration of activity/s}}{\textbf{Sum of 1st, 2nd and 3rd min of recover}} \times 100$$

Duration of Activity = 300 sec

PFI value	Level of physical fitness
Upto 80	Poor physical fitness
81-100	Low average fitness
101-115	High average fitness
116-135	Good fitness
136-150	Very good fitness
Beyond 150	Excellent fitness

VO_2 Max

$$VO_2 \text{ Max (l/min)} = 0.023 \times \text{Body weight (Kgs)} - 0.034 \times \text{Age(yrs)} + 1.65$$

$$\text{Relative } VO_2 \text{ Max (l/kg/min)} = \frac{VO_2 \text{ Max (l/min)}}{\textbf{Body Weight (kg)}} \times 1000$$

Relative VO_2 Max	Level of physical fitness
Up to 15	Poor
16-25	Low Average
26-30	High Average
31-40	Good
41-45	Very Good
Beyond 45	Excellent

Body Mass Index

$$\text{BMI } (\text{kg}/m^2) = \frac{Weight\ (kg)}{Height^2\ (m)}$$

BMI Range	Presumptive diagnosis
<16.0	CED Grade III(Severe)
16.0-17.0	CED Grade II(Moderate)
17.0-18.5	CED Grade I(Mild)
18.5-20.0	Low weight normal
20.0-25.0	Normal
25.0-30.0	Obese Grade I
>30	Obese Grade II

Mid Upper Arm Circumference

MUAC tertiles	For men	For women
I (Under nutrition)	<22.9 cm	<22.8 cm
II (Normal)	22.9 – 25.6 cm	22.8 – 25.4 cm
III (Obese)	>=25.7 cm	>= 25.5 cm

Calf Circumference

CC tertiles	For men	For women
I (Under nutrition)	<26.0 cm	<25.0 cm
II (Normal)	26.0 – 29.9 cm	25.0 – 28.3 cm
III (Obese)	>=30.0 cm	>=28.4 cm

Skin Fold Parameters

age (years)	equations for males	equations for females
< 17	D = 1.1533 - (0.0643 x L)	D = 1.1369 - (0.0598 x L)
17-19	D = 1.1620 - (0.0630 x L)	D = 1.1549 - (0.0678 x L)
20-29	D = 1.1631 - (0.0632 x L)	D = 1.1599 - (0.0717 x L)
30-39	D = 1.1422 - (0.0544 x L)	D = 1.1423 - (0.0632 x L)
40 -49	D = 1.1620 - (0.0700 x L)	D = 1.1333 - (0.0612 x L)
> 50	D = 1.1715 - (0.0779 x L)	D = 1.1339 - (0.0645 x L)

D = Body Density, D = density; skinfold sum = biceps + triceps + subscapular + Suprailiac.

L = $\log_{10}$ (Skinfold sum [mm])

Percent Body Fat = (495 / Body Density) – 450

Fat Mass (Kg) = Body weight (Kg) x (4.95/D – 4.5)

Fat Free Mass (Kg) = Body weight (Kg) – Fat mass (Kg)

Dietary Diversity

Food stuffs
Grains, white roots and tubers, and plantains
Pulses (beans, peas and lentils)
Nuts and seeds
Dairy
Meat, poultry and fish
Eggs
Dark green leafy vegetables
Other vitamin A-rich fruits and vegetables
Other vegetables
Other fruits
Low dietary diversity <5 group
High dietary diversity ≥5 group